ATTACK & DEFENCE

UNARMED COMBAT IN PICTURES

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35

FOREWORD

THE duty of every man is to see that he can give a good account of himself in this present fight for freedom. It is not sufficient to regard war work in factory, field, or other non-combatant spheres our only duty. Who knows when, in the words of the Prime Minister, we shall be "fighting in the street", and "every house shall be a fortress".

These pages present to you the answer to "What can I do?" Patience and determination to practise the methods explained will make you a first-class fighter, able to render a good account of yourself even when unarmed.

Make yourself as fit, supple and speedy as your body will allow. Age is not the deciding factor. Rather, learn to think quickly, so that defence for each particular method of attack becomes second nature to you.

The assailant flings himself upon you. His purpose is to kill you, and defensive action halts him, may cause a moment's surprise. It will certainly cause a complete mental readjustment. That is your moment—a split-second only—but step in and apply any of these methods to incapacitate him.

The strongest man can be held like a child. How? By his little finger. The strongest grip is relaxed. How? By using your thumb and finger.

I have endeavoured together with W. J. R. Price and D. D. Jenkins to explain these methods simply and concisely.

It is hoped this booklet will be of help to YOU and enable all its readers to give a true account of themselves in this fight for freedom. Remember vulnerable points of attack. Take stock of the clothing and equipment of your assailant and attack the more exposed of these.

R. HORN

INTRODUCTORY INSTRUCTIONS

All movements MUST at first be practised by numbers in slow-motion, and from stationary positions.

When familiar with the movement, a quickening of action will take place progressively, until the whole is one lightning action.

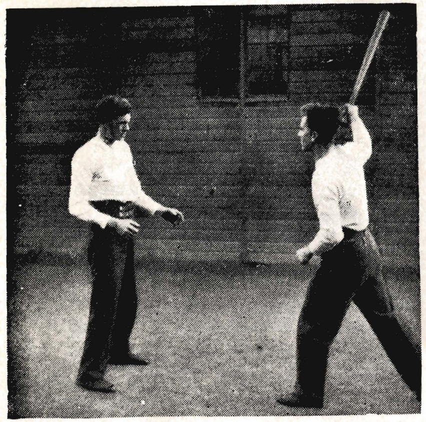
It is important that when practising NO RESISTANCE should be made by the assailant. Remember you are both practising to become efficient and know what is going to happen, therefore, help by relaxing into the movement. To set muscle groups and resist means ACCIDENTS.

CHAPTER I

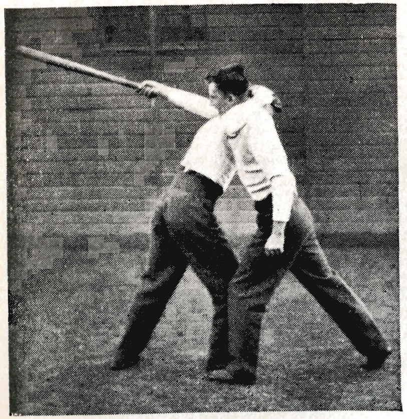
DEFENCE AGAINST BLOWS AND KICKS

(a) BLOW WITH FIST OR WEAPON, TO HEAD, SHOULDER OR SIDES OF BODY

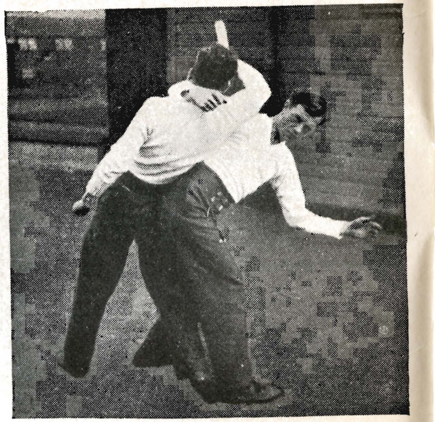
(*Right hand attack*)



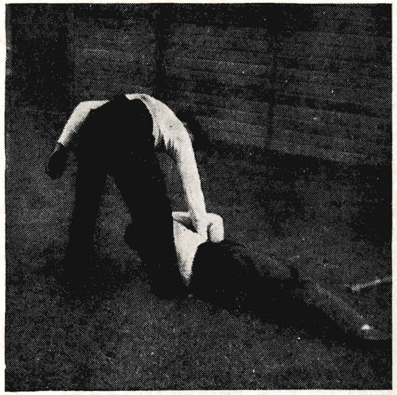
← Starting position



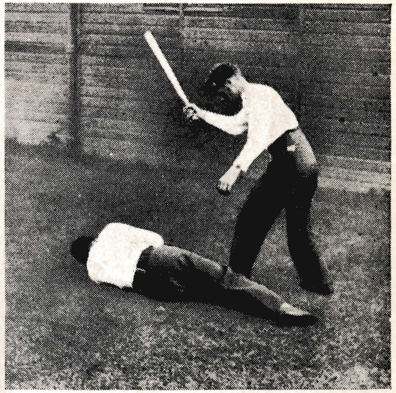
Movement 1. *Step in close (under his* right *arm), bend to left, evading blow, at same time place your* right *arm over his* left *shoulder and grasp him around the neck.*



Movement 2. *Transfer right leg to rear of assailant and place your buttock into the small of his back.*



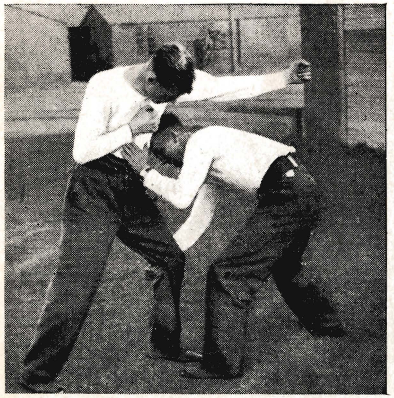
Movement 3. *Throw assailant by bending forwards and forcing his neck backwards with your right arm.*



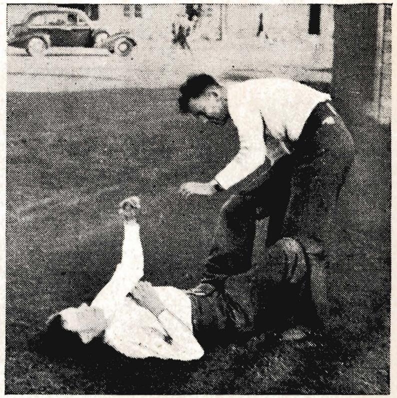
Movement 4. *Deliver blow or kick to render assailant unconscious.*

For left-handed attack, bend to your right, placing your left arm around his neck and your left leg to his rear.

(b) TO THE UPPER PART OF BODY AND FACE



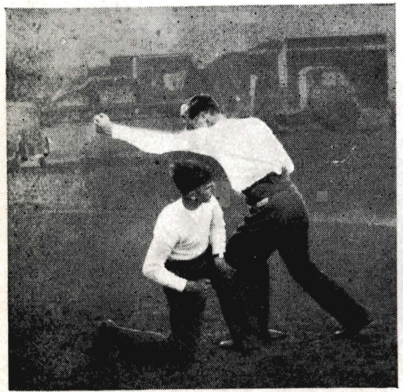
Movement 1. *Bend from the waist to the* right *to avoid the blow, at the same time placing the palm of your* left *hand on your assailant's stomach and placing the* right *hand around the bend of his* left *knee.*



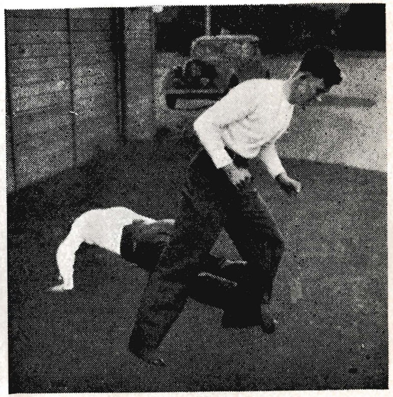
Movement 2. *Push back with the* left *hand and jerk the* right *leg forward throwing your assailant on his back. Follow up with kick.*

Use this method for right- or left-hand punches.

(c) PUNCH TO THE FACE



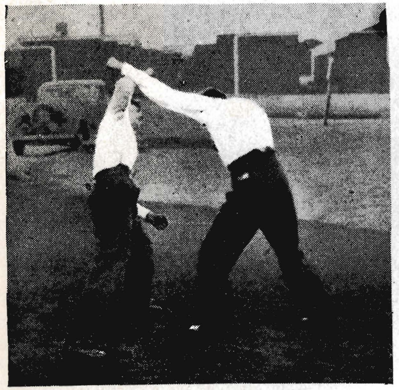
Movement 1. *As assailant rushes in to deliver blow, drop on to the* right *knee. Grasp his leading leg.*



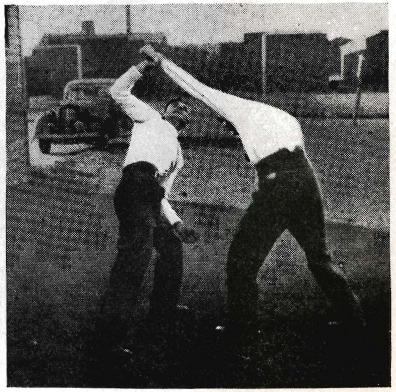
Movement 2. *Jerk leg forward and throw him to the ground.*

(d) BLOW AT FACE

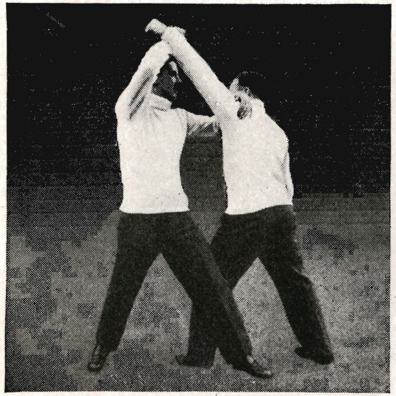
FIRST METHOD



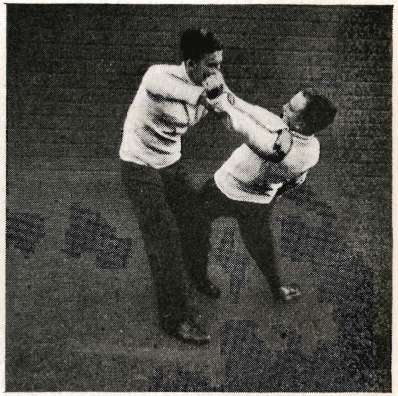
Movement 1. *As assailant attempts to deliver blow with the* left *hand, parry with your* right *forearm.*



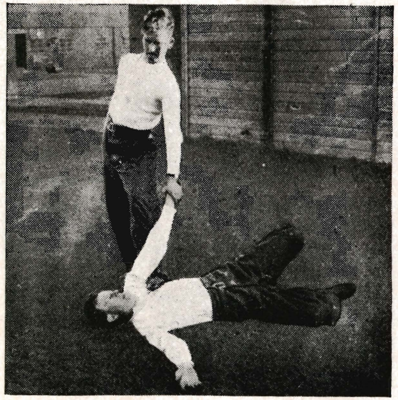
Movement 2. *Grasp his* left *wrist with your* right *hand and close with him by stepping one pace forward with your* right *foot.*



Movement 3. *Carry the* left *foot behind him, at the same time placing the* left *hand on his* left *shoulder.*

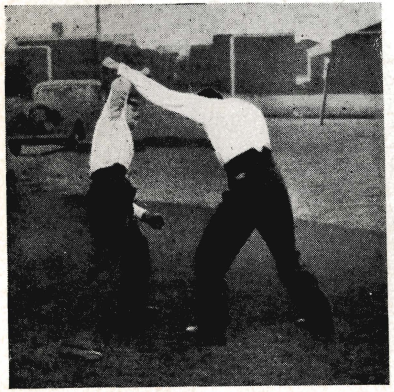


Movement 4. *Kick assailant in bend of the knee with the* left *leg and throw him backwards and retain grip on the* left *wrist.*

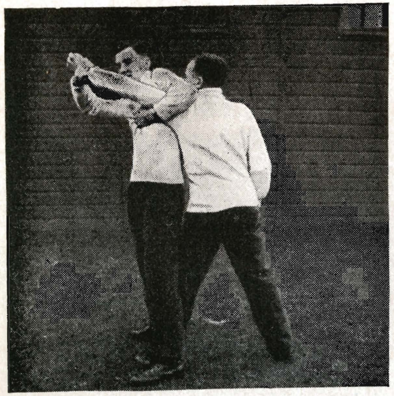


Movement 5. *Immediately place foot into his armpit and press arm backwards across the leg (see arm-locks). Apply necessary pressure to break the arm. Also apply necessary kick.*

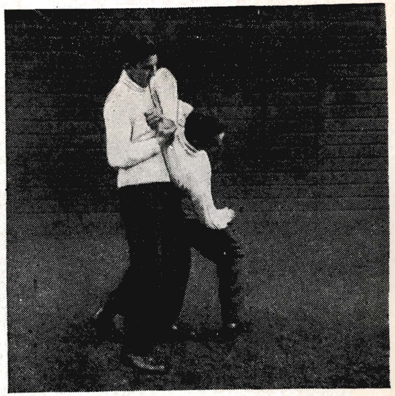
SECOND METHOD



MOVEMENT 1. *As assailant attempts to deliver blow with the* left *hand, parry with your* right *forearm.*



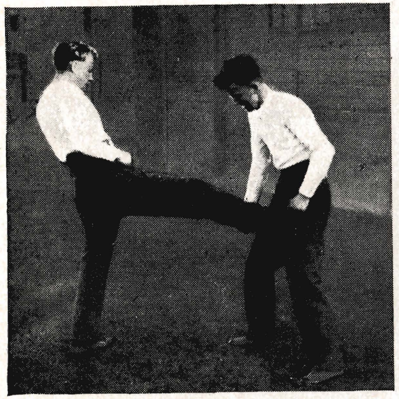
MOVEMENT 2. *Bring your* left *arm over assailant's* left *arm high up to the shoulder. Pass forearm underneath and grasp clothing on your own chest with your* left *hand. At same time turn your back on him, grasp his* left *wrist with your* right *hand.*



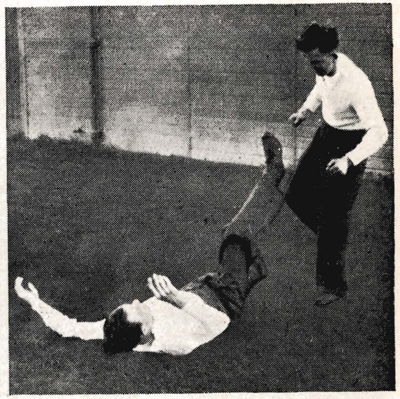
MOVEMENT 3. *Bend his* left *arm upwards with your* right *hand. Then immediately bend the same arm downwards and outwards. Grasp the little finger, apply pressure and march him off.*

(e) METHOD OF DEFENCE AGAINST KICK

FIRST METHOD—*Right leg kick.*



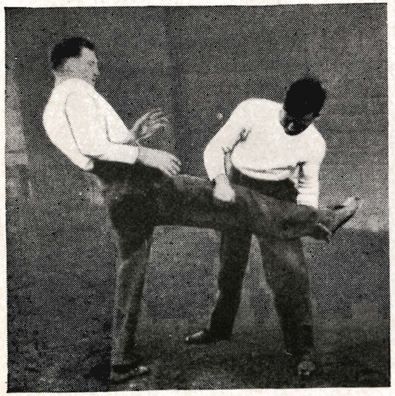
MOVEMENT 1. *Just before the kick reaches its objective, usually in the region of the lower groin, side-step to* left *and at same time grasp any part of the leg, bend of knee preferably, with the* right *hand.*



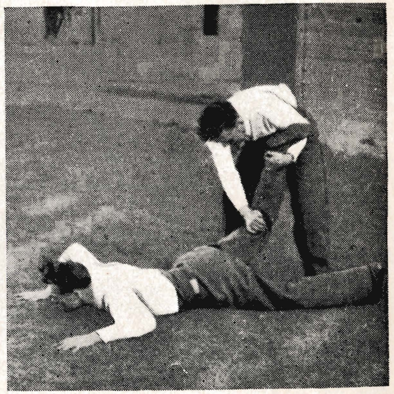
MOVEMENT 2. *Jerk leg upwards and push to throw assailant on his back. Press home advantage by a well-directed kick.*

For left leg kicks—side-step to the right and grasp with the left hand.

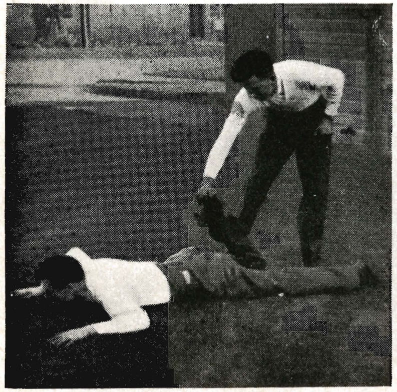
SECOND METHOD—*Right leg kick.*



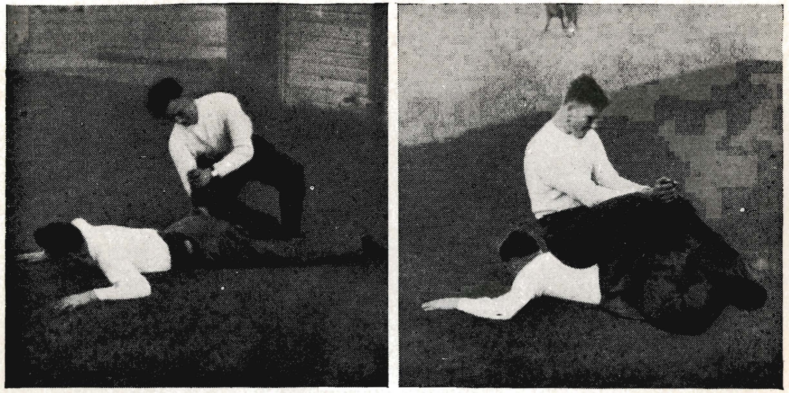
MOVEMENT 1. *Side-step to* right, *parry the kick with the* left *hand, place the* right *hand underneath the* right *knee.*



MOVEMENT 2. *Pull the leg forward (with the* right *hand) causing him to fall on his face. Still retain hold on leg.*



MOVEMENT 3. *Place foot in bend of knee and bend leg backwards, or, place knuckles of fist in bend of knee and apply backward pressure on leg; or, grasp his* left *leg and place it in the bend of his* right *and apply backward pressure, at the same time sit down on his back facing the opposite direction.*

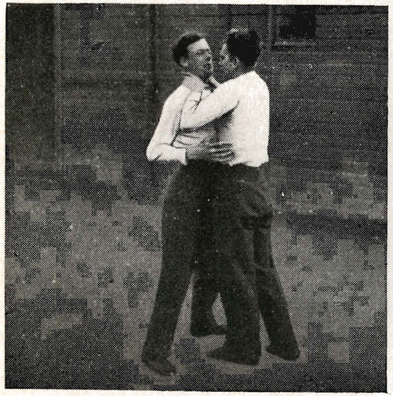


If assailant kicks with left leg—side-step to your left, parry with right hand and grasp the bend of the knee with your left hand. Proceed as stated before.

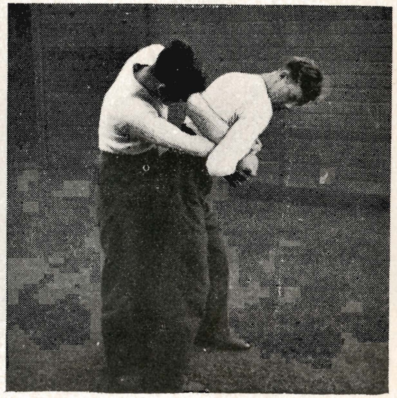
CHAPTER II

DEFENCE AGAINST STRANGLE-HOLDS FROM THE FRONT

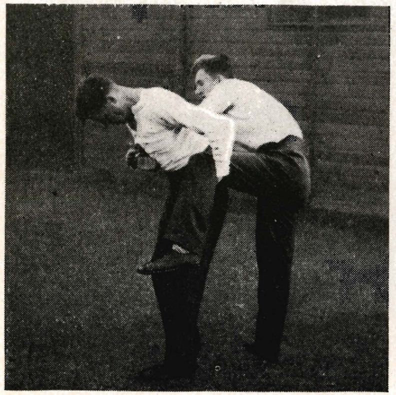
(a) TURN ABOUT RELEASE



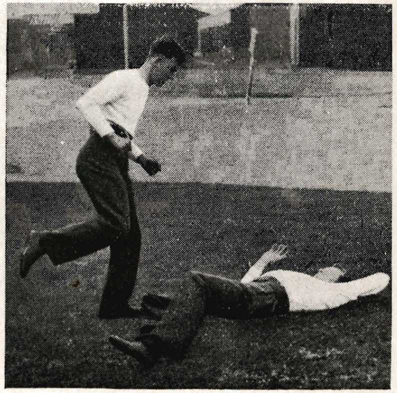
Position of attack



MOVEMENT 1. *Swing the* right *arm in circular movement in front as near to wrists of assailant as possible, at the same time jump right about turning back to assailant.*

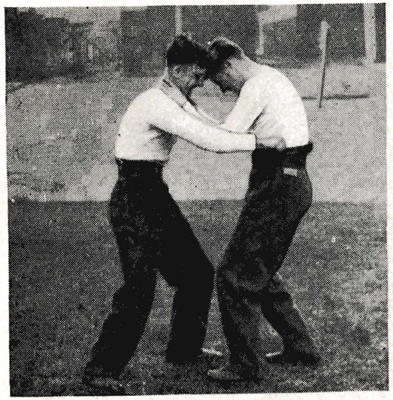


MOVEMENT 2. *Grasp assailant's* left *leg from outside at the bend of the knee with your* left *hand, keeping your back against assailant's stomach.*

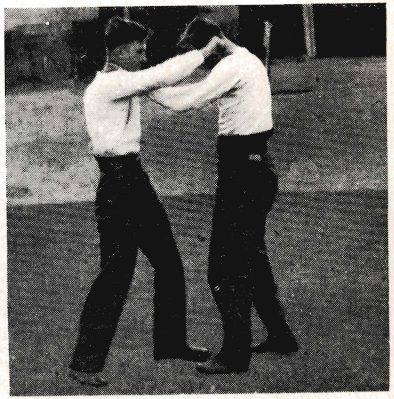


MOVEMENT 3. *Lift leg with a jerk and throw assailant on his back. Apply necessary kick to effectively put him "out".*

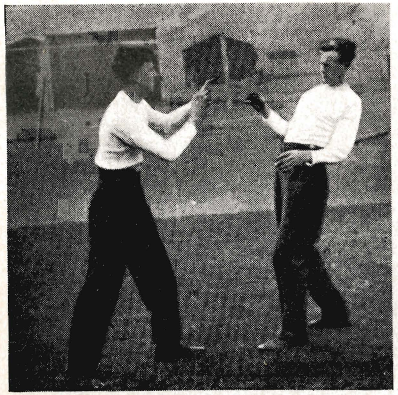
(b) KIDNEYS, EARS AND CHEST RELEASE



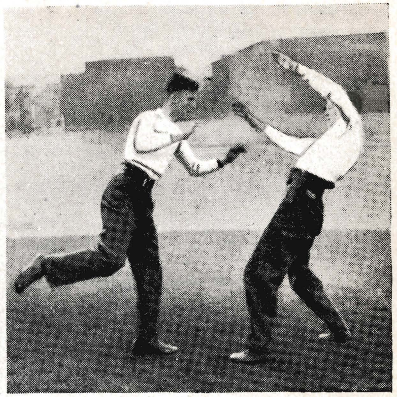
Movement 1. *Hit him with clenched fist on each side of the kidneys.*



Movement 2. *Immediately box opponent's ears with clenched fists.*

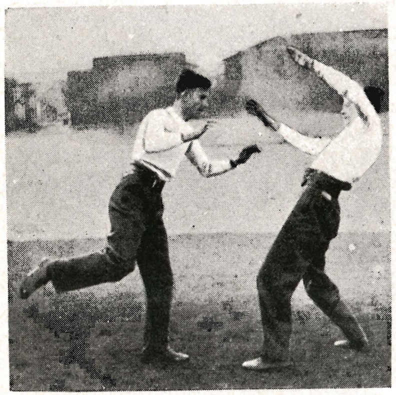


Movement 3. *Push assailant's chest as high as possible with both hands. This will cause him to release hold.*



Movement 4. *Follow up with kick.*

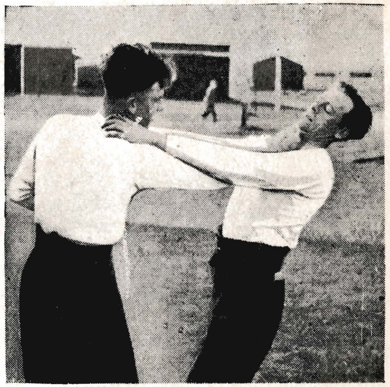
(c) PUSHING CHEST RELEASE



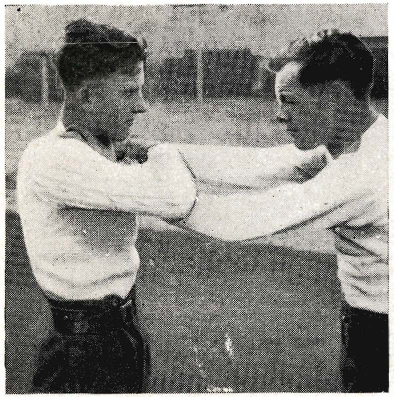
Movement 1. *Bring one hand under and between your assailant's arms, and with quick movement push him very hard on the chest. Follow up with kick.*

(d) WINDPIPE PUSH RELEASE

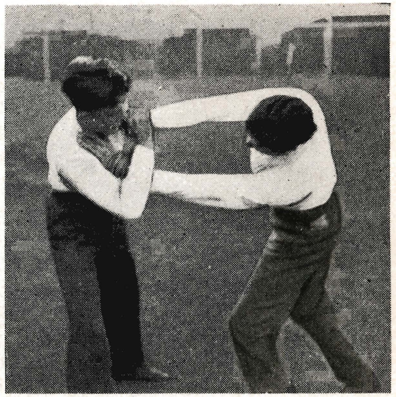
Movement 1. *Bring clenched fist of* right *hand under and between arms of opponent as in* (**c**). *With a quick movement hit opponent's windpipe with knuckle part of the fist. Follow up with kick.*



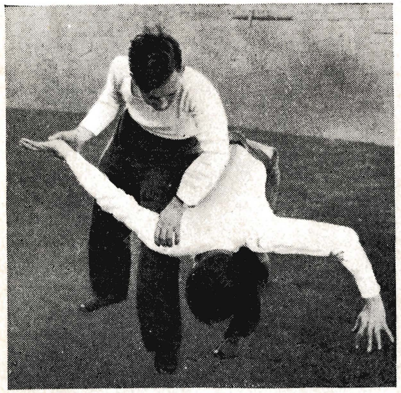
(e) OVER AND UNDER ARM RELEASE



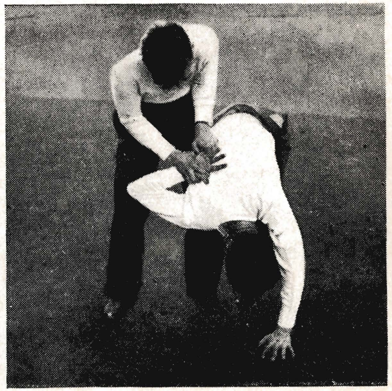
Movement 1. *Grasp your assailant's* right *wrist with your* right *hand, the arm passing above the opposite* left *forearm. From below grasp the* left *wrist with the* left *hand, your* left *elbow placed just below the* right *elbow of opponent.*



Movement 2. *Jerk the assailant's* right *hand across your body to the* right, *at the same time levering his* right *arm upwards with your* left *elbow and bending in the direction of the movement (i.e., to the right).*

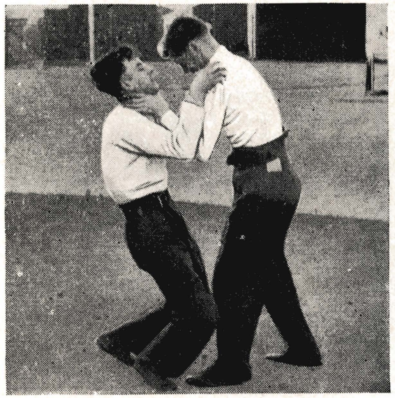


Movement 3. *Retain grip on his* right *wrist with your* right *hand. Immediately transfer your* left *hand from his* left *wrist to place on his* right *shoulder to apply pressure to force his right shoulder down on to your* left *thigh.*

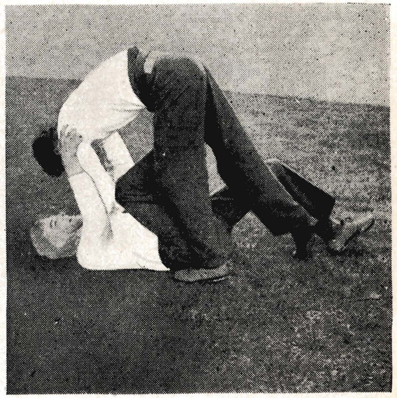


Movement 4. *Force his* right *hand behind his back and apply pressure on little finger or thumb towards the wrist. He will then march wherever you desire to take him.*

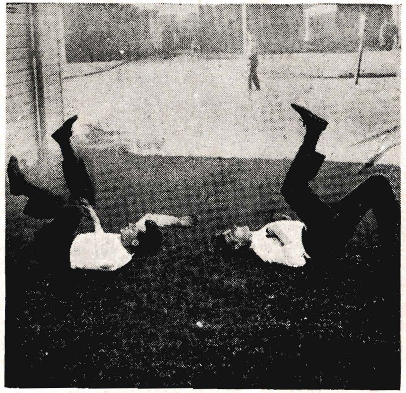
(f) OVER HEAD THROW RELEASE



Movement 1. *Drop to half knee bend position grasping the shoulders of your assailant.*

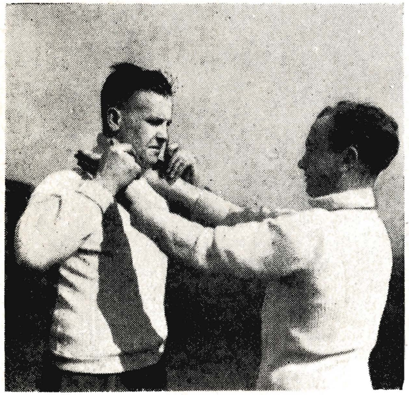


Movement 2. *Immediately fall backwards at same time raise your* right *foot and press it into stomach ready for the lift.*



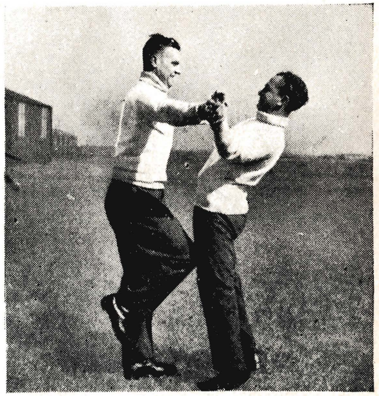
Movement 3. *Roll backwards pulling your opponent downwards with your arms and pushing upwards with your* right *foot, sending him over your head on to his back.*

(g) FINGER RELEASE



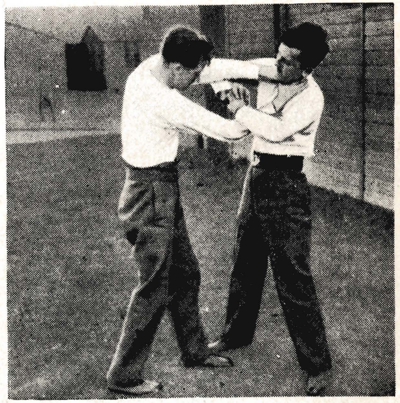
Movement 1. *Grasp the thumbs.*

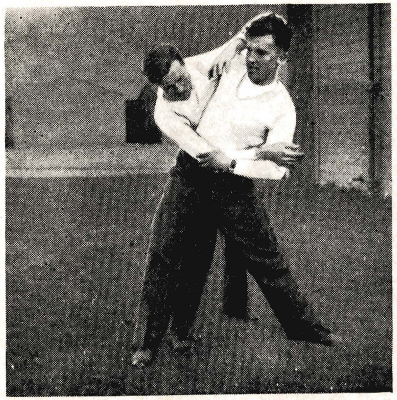
Movement 2. *Break hold with a vicious upwards and downwards swing and bring knee to crutch.*



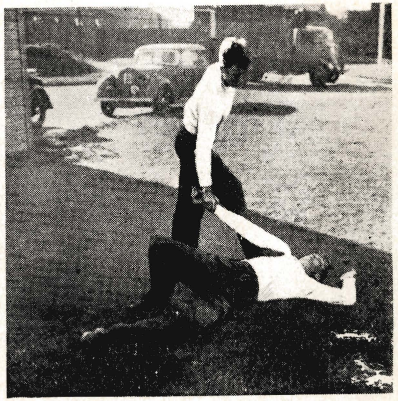
(h) HIP THROW RELEASE

Movement 1. *Place your* right *arm under his* left *arm and interlock fingers so that your* left *forearm is immediately above his* right *forearm.*

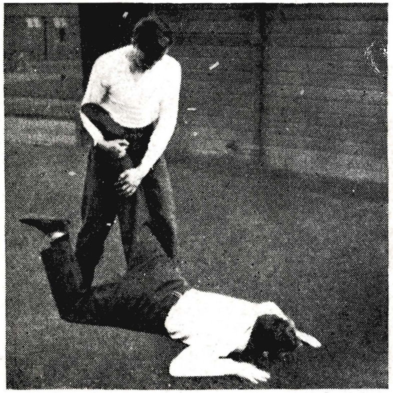


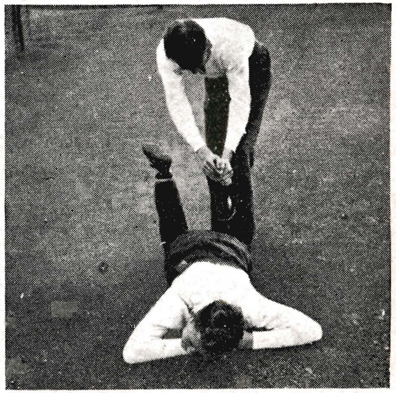


Movement 2. *Lever up with your* right *forearm and press downward with your* left *forearm. Immediately place your buttocks in assailant's stomach and your* right *arm around his waist.*



Movement 3. *Throw opponent over hip on to his back, grip his* right *arm. Place foot in armpit, twist arm into an unnatural angle and apply pressure across leg.*

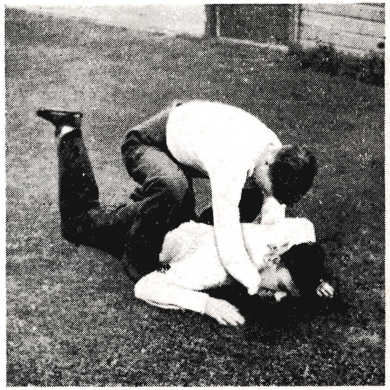




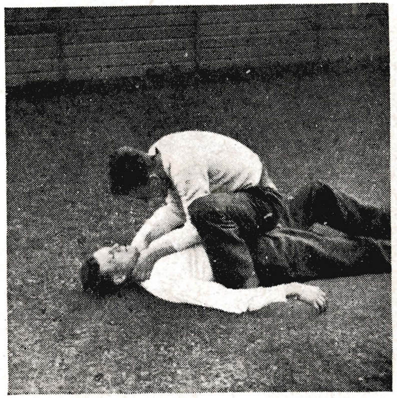
MOVEMENT 3. *Jerk leg forward, turning to your left, throwing assailant on to his stomach, grasp his* left *foot in your* right *hand.*

MOVEMENT 4. *Bend foot back to buttocks.*

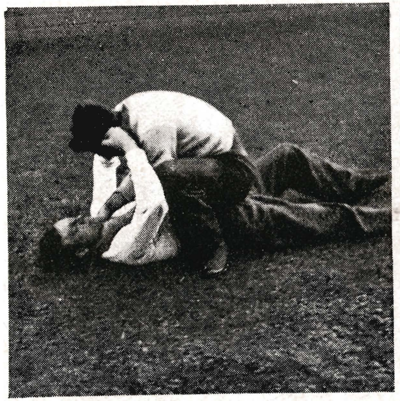
MOVEMENT 5. *Sit on his bent leg, pass* right *arm around his neck to grasp the wrist of your* left *arm which is passed under his* left *arm-pit, placing the* left *hand on back of his neck. Apply pressure to dislocate neck.*

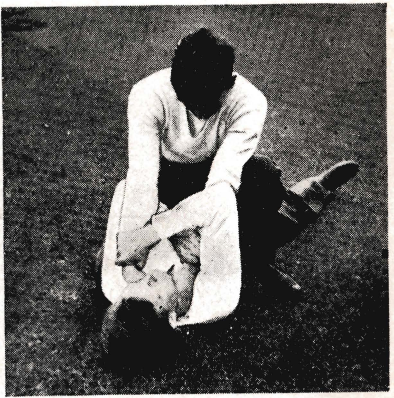


(k) DEFENCE AGAINST STRANGLE-HOLD ON THE GROUND



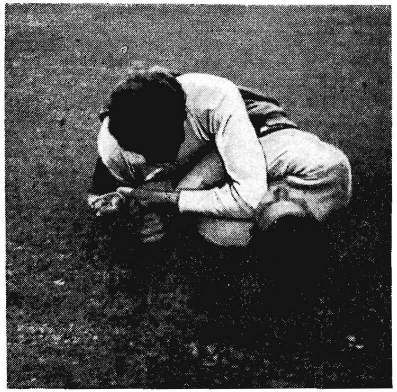
← Starting position





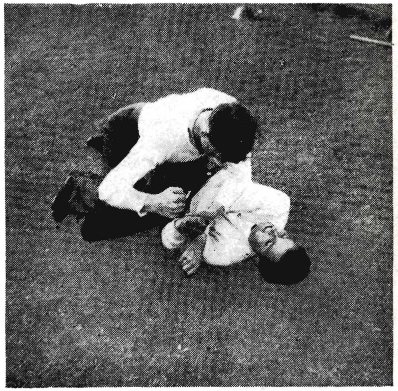
MOVEMENT 1. *Punch his ears with both fists.*

MOVEMENT 2. *Pass* left *arm under his* right *to grasp his* left *wrist, at the same time grasping his* right *wrist from above with your* right *hand.*

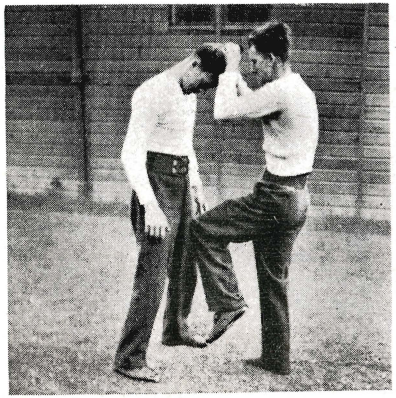


MOVEMENT 3. *Lever upwards with a sharp blow of your left elbow and pull over to your right with your right hand, at the same time push upwards with the stomach and turn your body on to the right side.*

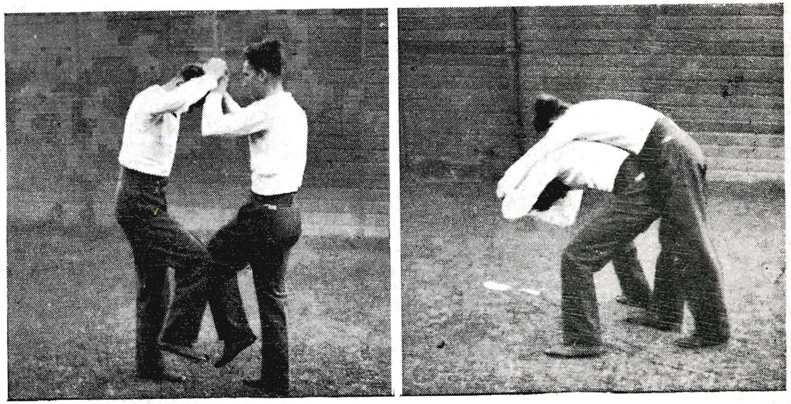
MOVEMENT 4. *Finish assailant with a blow by fist or knee, or apply any lock which the opportunity presents.*



(I) DEFENCE AGAINST KNEE BLOW TO SHIN OR GROIN WITH HAIR PULL

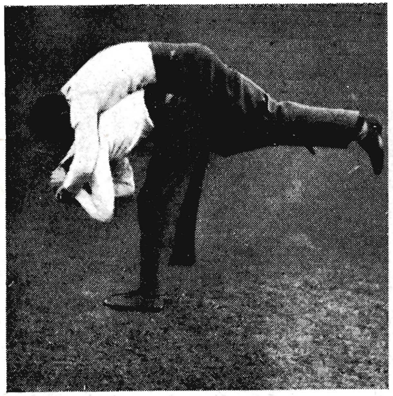


← Starting position



MOVEMENT 1. *Place both your hands on the top of his and parry his knee-blow with either knee.*

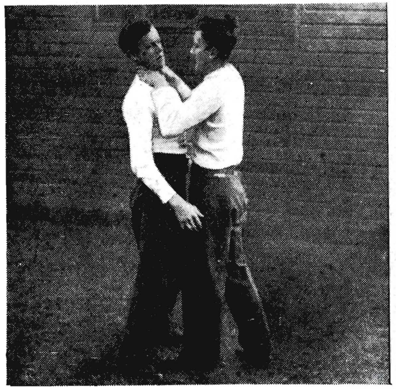
MOVEMENT 2. *Jump right about and bend forward, turning your back on opponent.*



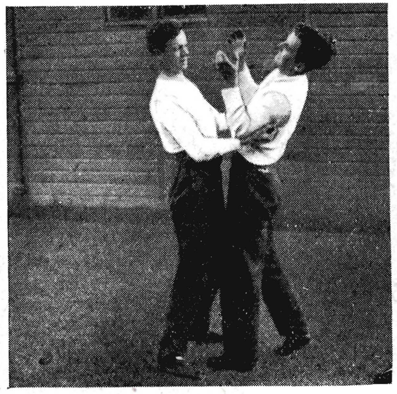
Movement 3. *Apply throw over the head by pulling hands downwards and levering upwards with buttocks.*

Movement 4. *Follow up advantage with kicks, arm-locks, etc.*

(m) QUICK RELEASE



Starting position

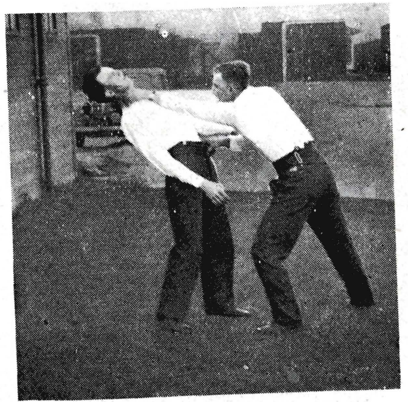


Movement 1. *Pinch skin of assailant's arms as shown in photo by twisting the flesh between forefinger and thumb. This is an extremely effective and simple method of release. Follow up advantage by kicks, punches, locks.*

CHAPTER III

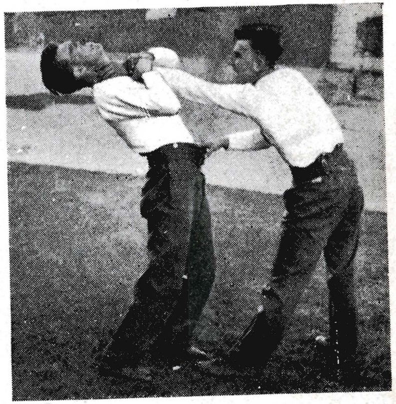
DEFENCE AGAINST ONE HAND STRANGLE-HOLD AND ONE HAND GRASPING CLOTHING

FIRST METHOD

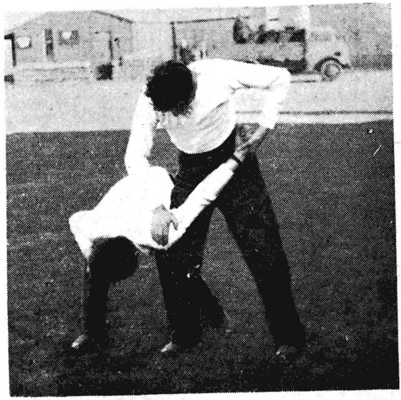


Starting position

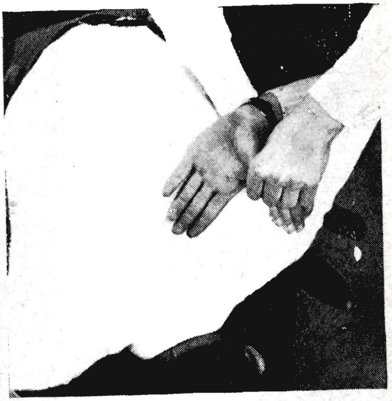
The assailant attacks, grasps the throat with the left hand and the clothing with the right.



Movement 1. *Grasp his* left *wrist* with *both hands.*



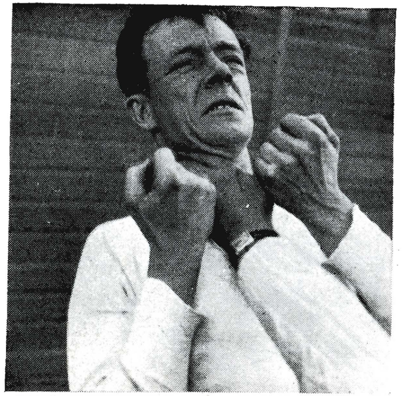
Movement 2. *Twist him to your* left, *immediately transfer your* right *hand to his* left *shoulder, press viciously downwards to rest his chest on your* right *thigh.*



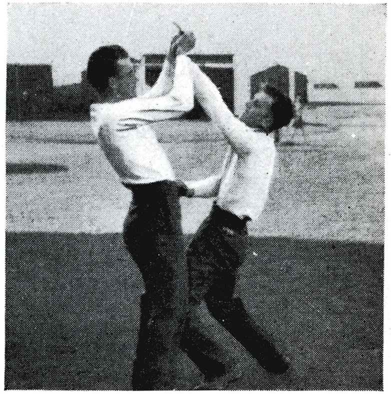
Movement 3. *Press his arm backwards and upwards to his shoulder with your* left *hand, still maintain pressure on shoulder. Grasp thumb and bend backwards.*

N.B.—If the opponent has his right hand round the throat, twist him to the right and apply pressure to the right shoulder with your left hand.

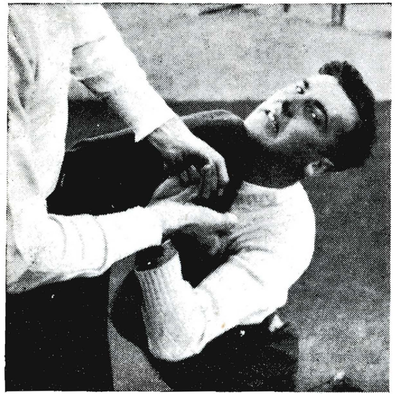
SECOND METHOD



Movement 1. *Grasp his little finger and thumb.*

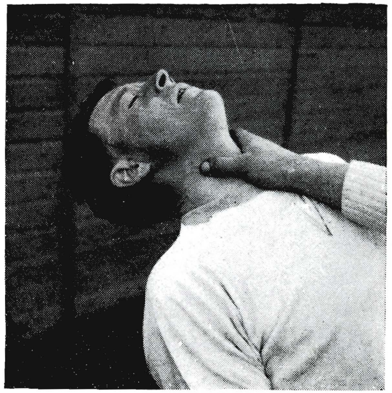


Movement 2. *With a vicious swing upwards and downwards, pressing finger and thumb backwards, bring assailant to knees.*



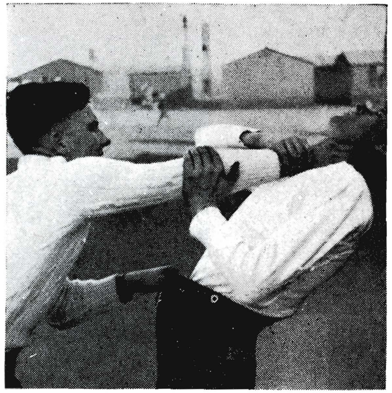
Movement 3. *Bring knee to chin or groin.*

THIRD METHOD

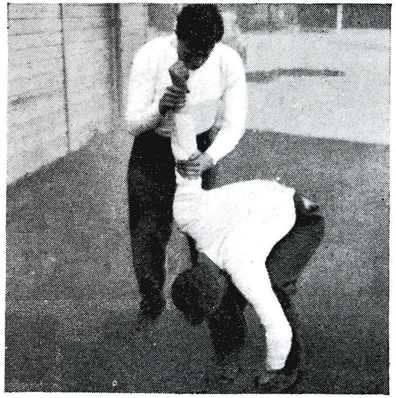


Starting position

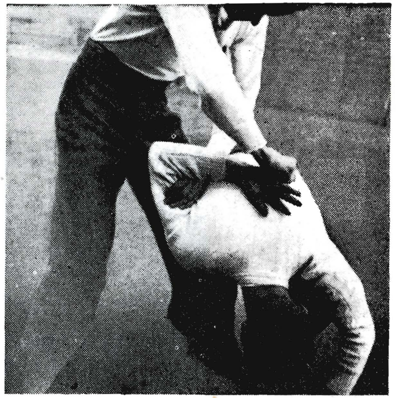
Assailant attacks, right *hand around throat,* left *hand grasping clothing.*



Movement 1. *Grasp* right *wrist with* right *hand and place your* left *hand on his* right *elbow by the joint.*



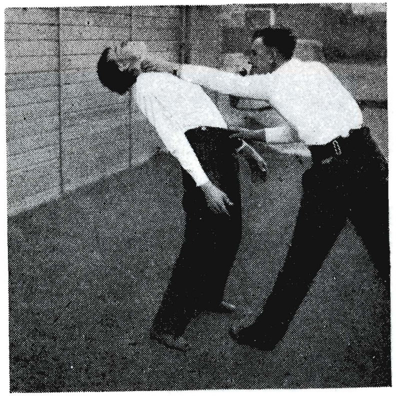
Movement 2. *Press assailant to your* right *again resting his chest on your* left *thigh.*



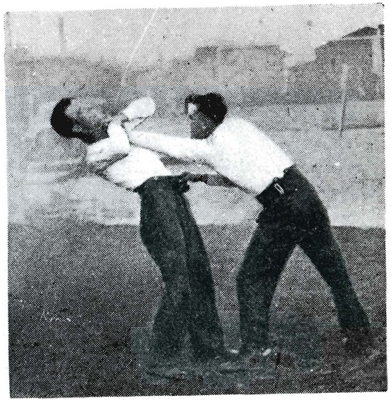
Movement 3. *Apply lock as in previous methods.*

If left *hand is around throat and* right *hand grasping clothing, grasp* left *wrist with your* left *hand, place your* right *hand on his* left *elbow and twist him to the* left. *Then proceed to apply lock.*

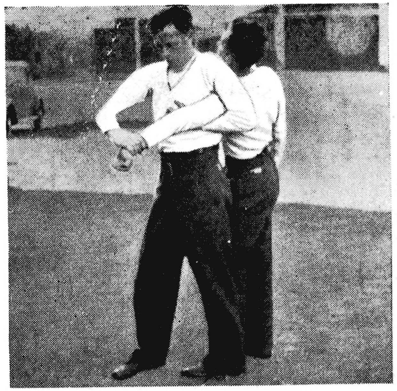
FOURTH METHOD



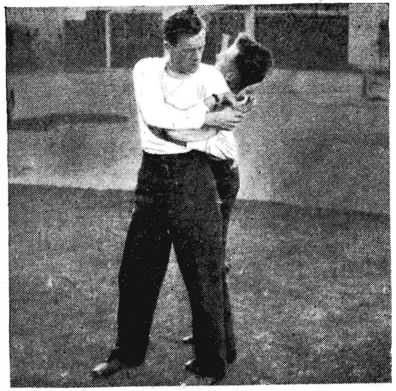
Attack. Left hand on throat.



MOVEMENT 1. *Grasp his* left *wrist with both hands.*



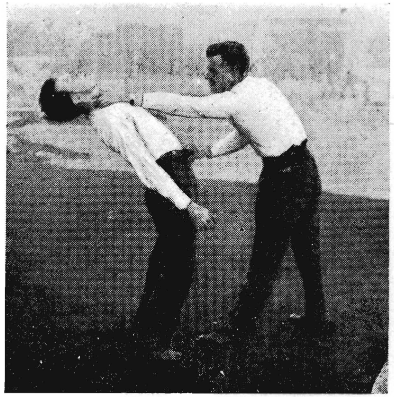
MOVEMENT 2. *Twist him to your* right, *immediately transferring your* left *arm over his* left *shoulder and under the* left *arm to grasp the clothing at your chest, at the same time turning your back on your opponent.*



MOVEMENT 3. *Press the arm upwards by the hand and jerk it outwards. Grasp little finger and march off the now somewhat subdued assailant.*

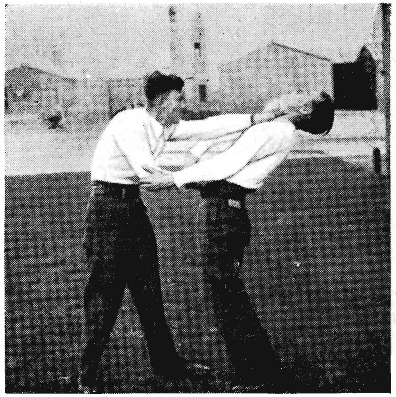
N.B.—For right-hand throat attack, turn opponent to your left, transferring your right hand over and under his shoulder, at the same time turning about, and applying lock.

FIFTH METHOD

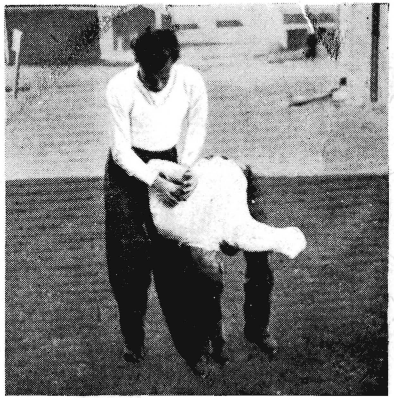


← Starting position

Left hand on throat, right hand on ***waist.***

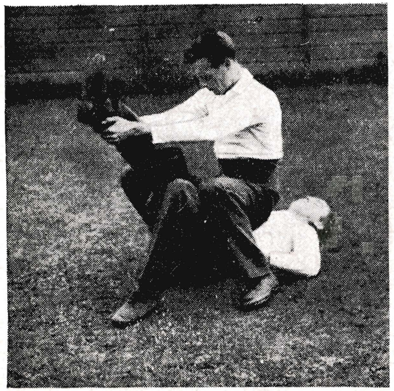


MOVEMENT 1. *Grasp his* right *wrist with your* right *hand, and place your* left *hand on his* right *elbow.*



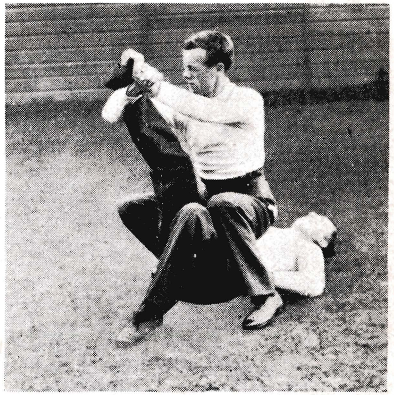
MOVEMENT 2. *Twist assailant to your* right *by pressure on his* right *elbow to rest his* right *shoulder on your* left *thigh and apply locks.*

If left hand grasps clothing, grasp his left wrist with your left hand and place your right hand on his left elbow and twist assailant to your left.



Movement 3. *Walk forward a pace and pull your opponent's leg or legs upwards, causing him to fall backwards. As he falls sit on his stomach, to knock the wind out of him (gently, in practice), retaining grip on leg or legs.*

Movement 4. *Release one leg and apply leg lock as described below.*

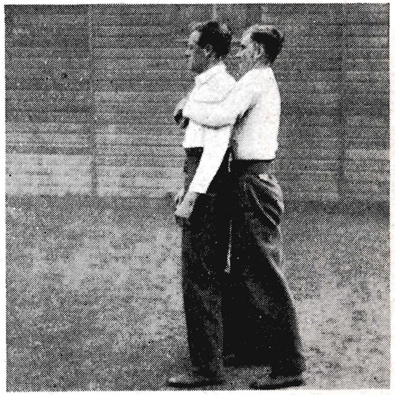


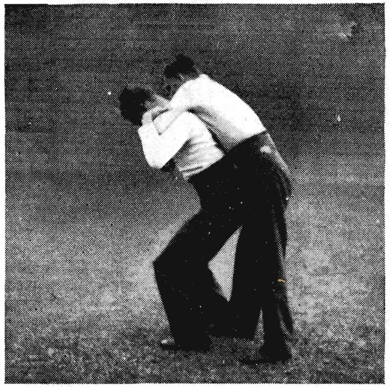
Leg Lock.—*Place your left hand on his toe. Bring your right arm around the heel of his foot to grasp your left wrist. Twist his foot with left hand and apply pressure with the arms.*

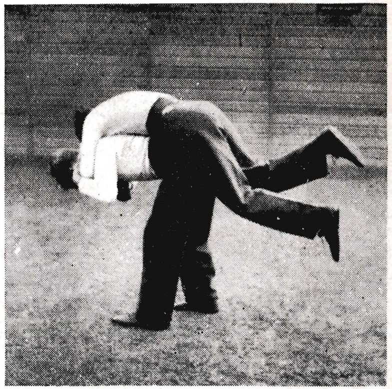
(c) ATTACK (OVER THE ARMS)

Starting position ⟶

Assailant attacks, gripping you below the shoulder, pinning your arms to your side.







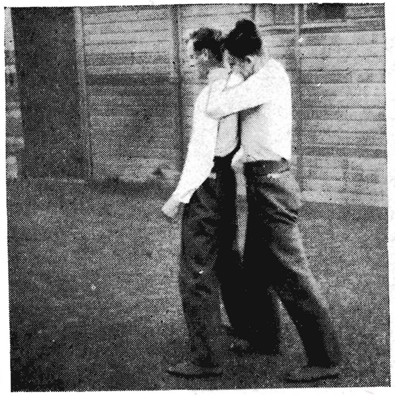
Movement 1. *Take a deep breath, expanding chest as much as possible to ease the pressure of his arms. Immediately breath out, sink downwards to half knee bend position, at the same time grasping both his arms.*

Movement 2. *Apply throw over the head by pulling his arms downwards and levering upwards with buttocks.*

Follow up with appropriate attack.

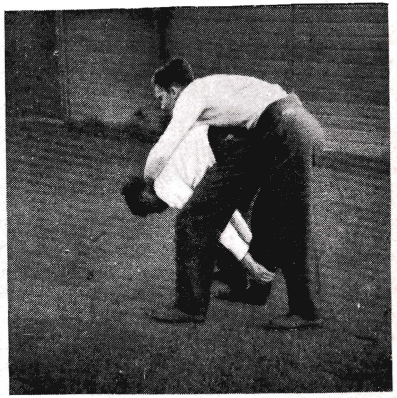
(d) STRANGLE-HOLD FROM THE REAR

FIRST METHOD

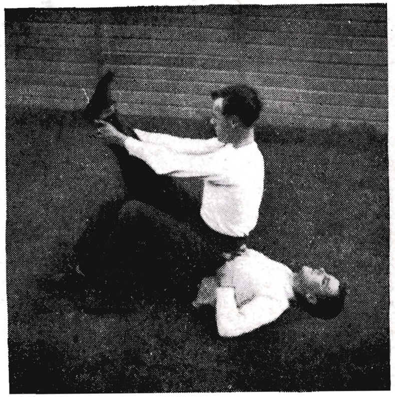


Starting position

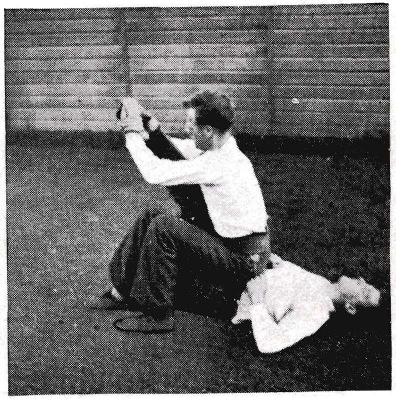
Assailant attacks, attempting to strangle you from the rear.



Movement 1. *Jump to wide astride position at the same time bending forwards and downwards to grasp your opponent's leg or legs.*



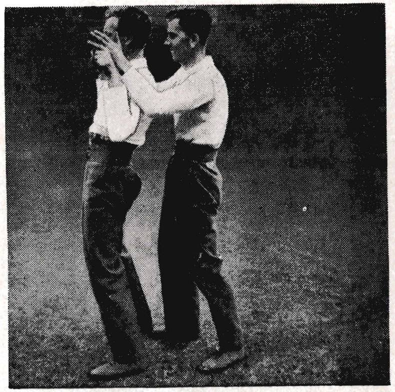
Movement 2. *See Movement 3 on page 30.*



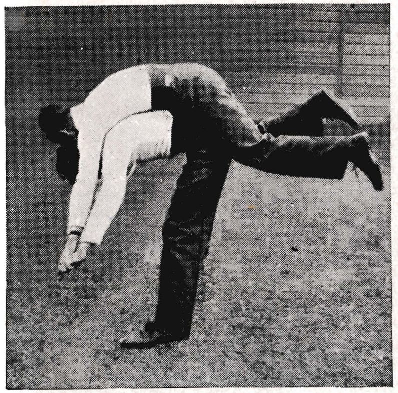
Movement 3. *See Movement 4 on page 30.*

SECOND METHOD

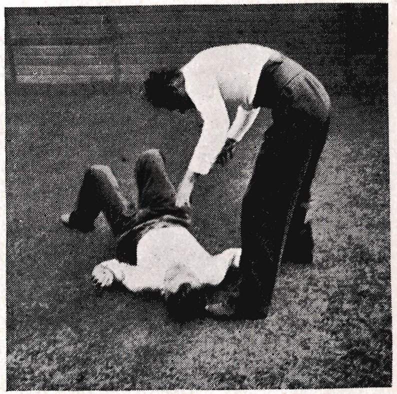
Starting position, see page 32, opposite.



Movement 1. *Grasp little fingers of assailant.*

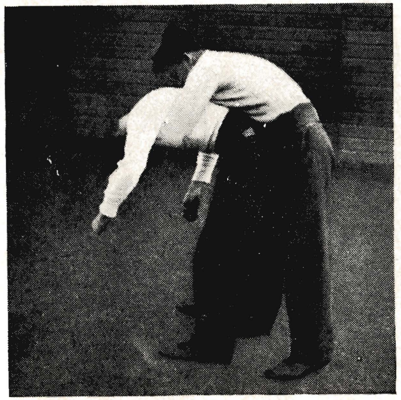


Movement 2. *Bend forward from the waist placing your seat in his stomach and swing your arms sideways.*

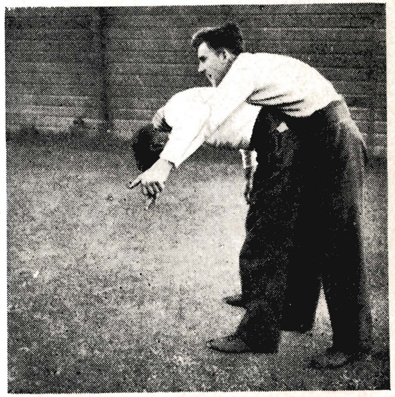


Movement 3. *Throw him over your head and apply effective measures before he can recover.*

(e) HALF-NELSON ATTACK



← Position of attack



Movement 1. *Grasp little finger of over-lapping hand. Fling arm outwards and heel his shin-bone. Turn about and apply kick or punch.*

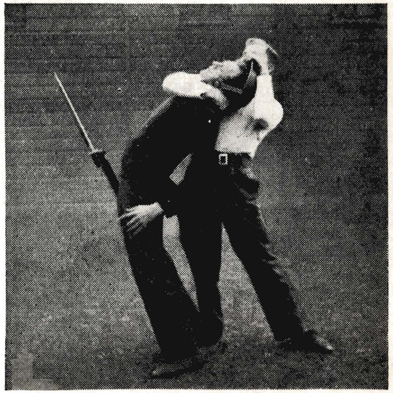
CHAPTER V

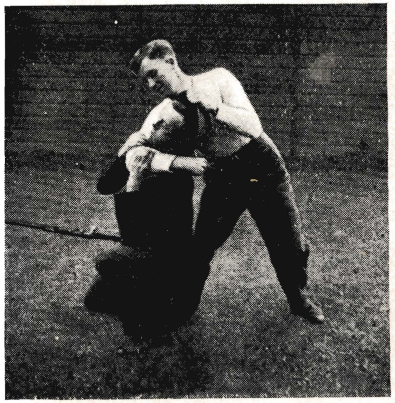
DEFENCE AGAINST ARMED ATTACK

(a) A SENTRY ATTACKED FROM THE REAR

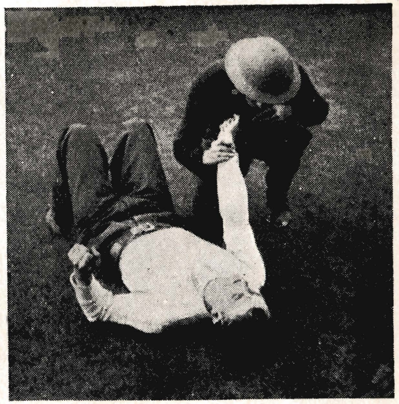
FIRST METHOD

Assailant attacks → guard from the rear, grasping him around the throat with the *right* arm, and pulling the helmet backwards with the *left* so that the strap is strangling him, and the edge of the helmet sticking into his neck. He also kicks the rifle away with his *right* foot.



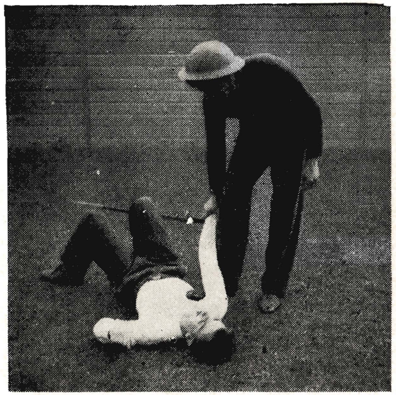


Movement 1. *Drop on to your* right *knee, lean slightly forward from the waist, and grasp assailant's* right *arm with both hands.*

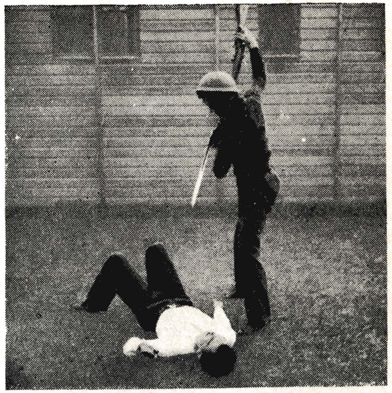


Movement 2. *Swing assailant round to your* right *side still retaining grip on right arm, causing him to fall on his back.*

FIRST METHOD (*continued*)



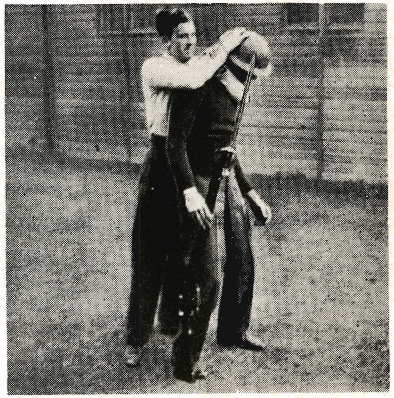
MOVEMENT 3. *Stand up, place your right foot into his right armpit. Twist right arm, palm facing outwards; apply pressure forcing arm backwards across leg. If bayonet is still within reach, use it as an alternative to arm lock.*

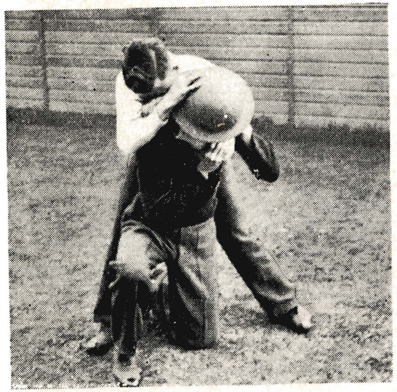


When left arm is around throat *drop on to left knee, grasp his left arm and swing assailant to your left. Apply lock on left arm.*

SECOND METHOD

Assailant grasps you around the throat with the left arm, placing right hand at the back of your helmet, with left hand gripping the right wrist.

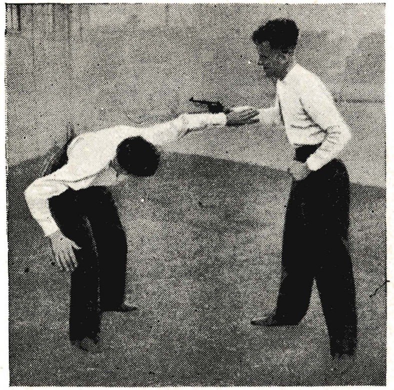




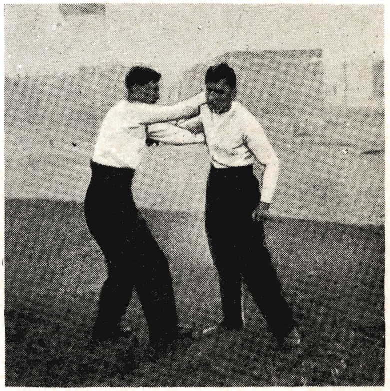
Apply defence described in preceding method.

(b) DEFENCE AGAINST A REVOLVER (FROM THE FRONT)

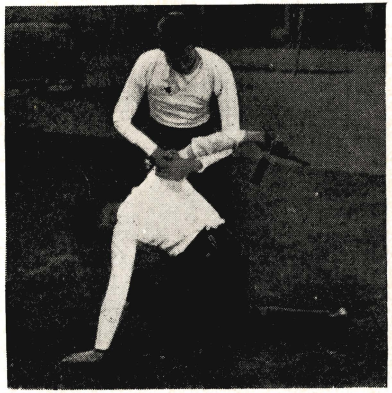
This method can only be successful when the opponent is within arm's-length.



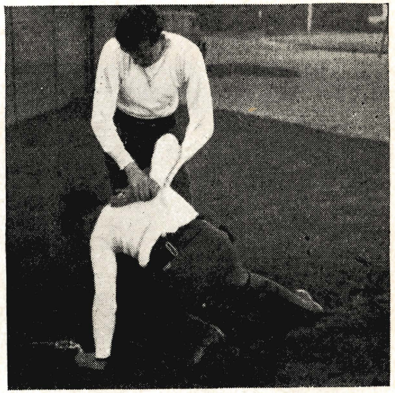
MOVEMENT 1. *Arms raised above head. With downward sweep of left hand knock opponent's revolver hand outwards, at same time bending sideways to the right.*



MOVEMENT 2. *Bring* right *hand on to his* right *shoulder,* left *arm under opponent's* right *armpit to grasp your* right *hand.*



MOVEMENT 3. *Press opponent's* right *shoulder to your* right *thigh, at the same time sliding* left *arm along his* right *forearm to his shoulder for arm lock.*

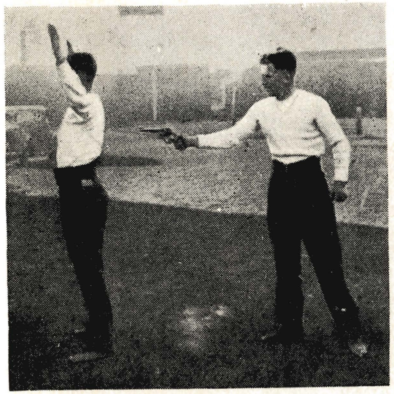


MOVEMENT 4. *Grasp his* right *wrist with your* right *hand retaining pressure on shoulder with your* left *hand. Apply arm lock.*

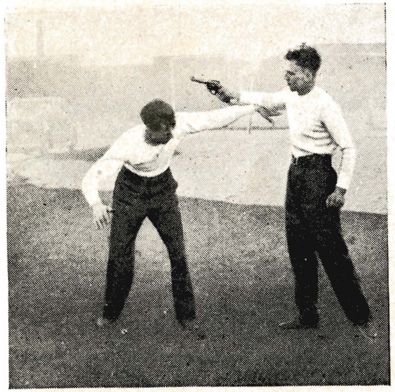
(i) *Remember element of surprise is of greatest importance here.*
(ii) *You have the advantage of moving first.*
(iii) *Practice that left-arm movement until it is automatic. It has been proved to be quicker than the movement of the trigger finger.*
(iv) *Practice with empty revolver. Toy guns prove very useful.*

(c) DEFENCE AGAINST A REVOLVER (FROM THE BACK)

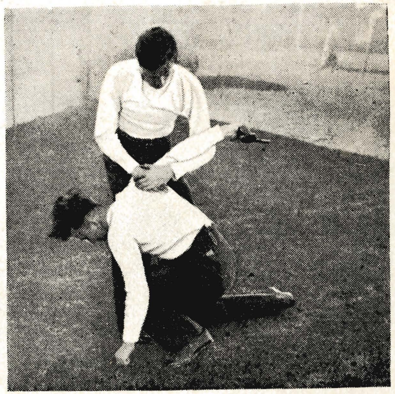
Opponent must be within arm's-length. Often revolver is pressed into back—the following method is very successful under such circumstances.



←— Starting position. Standing with back to opponent—arms raised.



MOVEMENT 1. *Quickly turn about to your* left, *swinging* left *arm downwards and upwards to strike opponent's* right *arm outwards.*

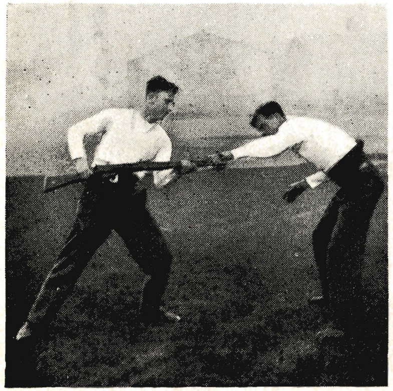


MOVEMENT 2. *Bring* right *hand to* right *shoulder and proceed with arm lock as in defence against hold from the front.*

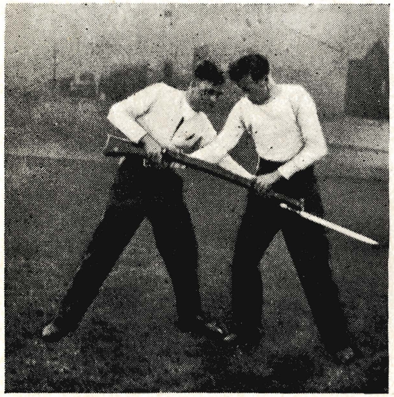
If assailant is left-handed (very rarely happens) the procedure is the same, substituting left for right, or right for left as the case may be, in all movements. (Not more than arm's-length away.)

When holding up person with revolver from rear always hold revolver in the left hand and push in person's back with knuckle of one's right hand.

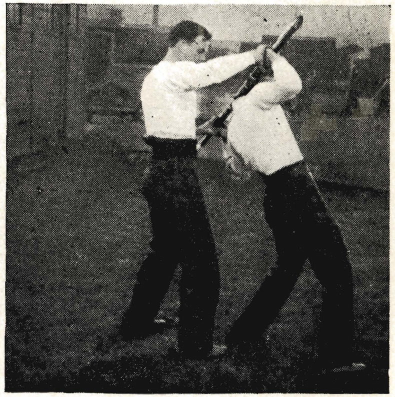
(d) DEFENCE WHEN HELD UP FROM THE FRONT WITH RIFLE AND BAYONET (NOT MORE THAN ARM'S-LENGTH AWAY)



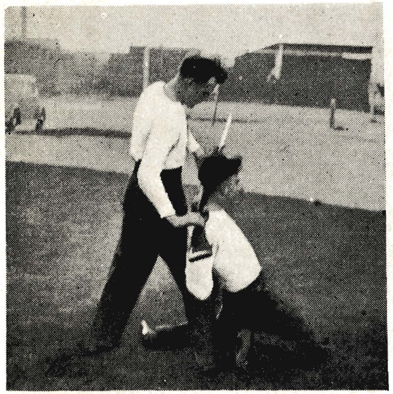
MOVEMENT 1. *Hit rifle and bayonet outwards with* left *hand.*



MOVEMENT 2. *Step in and grasp his* left *hand with your* left *on top of his, at the same time passing your* right *arm over his* left *arm, beneath the trigger, to grasp his* right *hand, your knuckles facing the ground.*

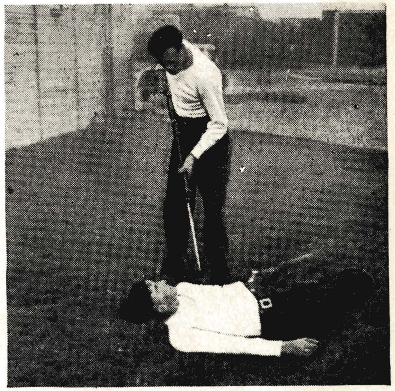


MOVEMENT 3. *Pull both his hands upwards and towards you so that the butt of the rifle will be behind his neck.*

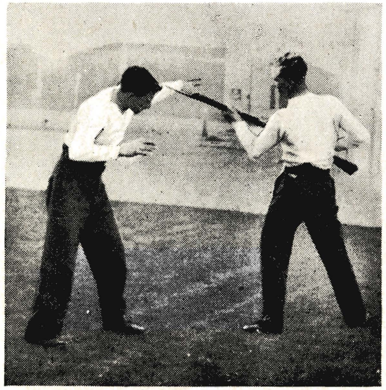


MOVEMENT 4. *Pull rifle downwards, forcing assailant to his knees.*

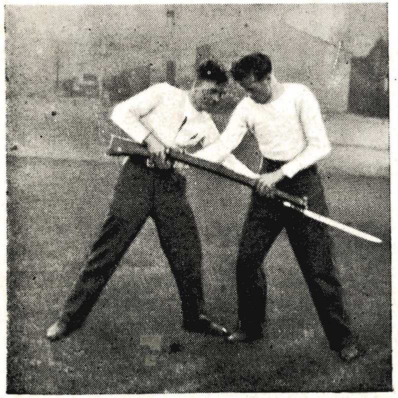
MOVEMENT 5. *Pull assailant on to his back, and apply bayonet thrust.*



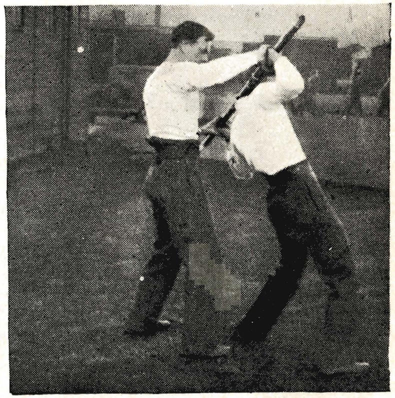
(e) DEFENCE AGAINST BEING HELD UP FROM THE REAR WITH RIFLE AND BAYONET



MOVEMENT 1. *As for revolver, swing around on* left *foot hitting the bayonet outwards with the* left *hand.*



MOVEMENT 2. *Step in and grasp his* left *hand with your* left *on top of his, at the same time passing your* right *arm over his* left *arm, beneath the trigger, to grasp his* right *hand, your knuckles facing the ground.*

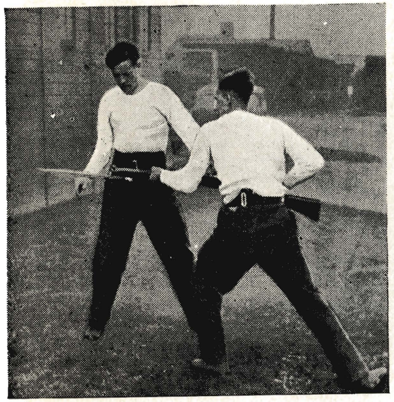


MOVEMENT 3. *Pull both his hands upwards and towards you so that the butt of the rifle will be behind his neck.*

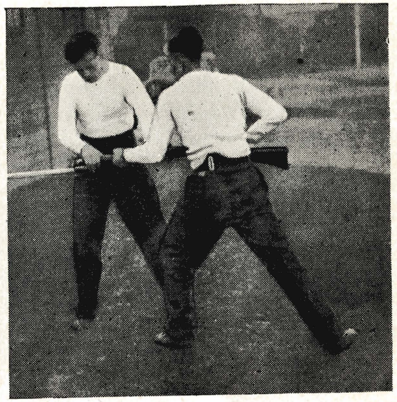
Continue as Movements 4 and 5 on page 41.

(f) DEFENCE AGAINST RIFLE AND BAYONET CHARGES

FIRST METHOD

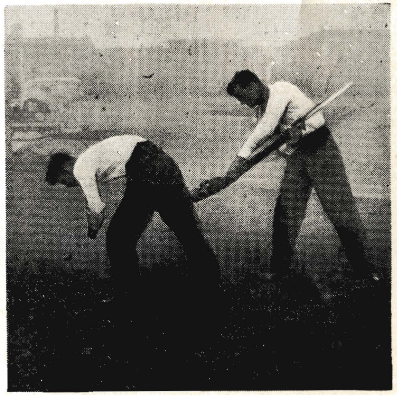


MOVEMENT 1. *Assailant charges with bayonet, making a point at throat, breasts or groin. Just before thrust is made, side-step to* left *and turn to the* right.

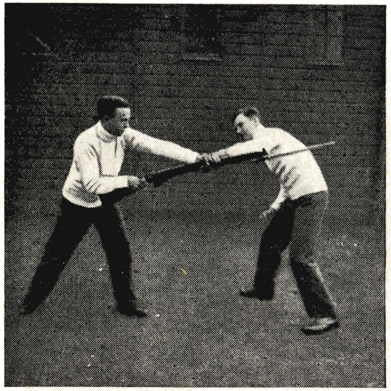


MOVEMENT 2. *Grasp rifle with* right *hand, just below bayonet boss (knuckle part uppermost). At the same time grasp rifle by trigger guard with* left *hand (knuckles facing downwards).*

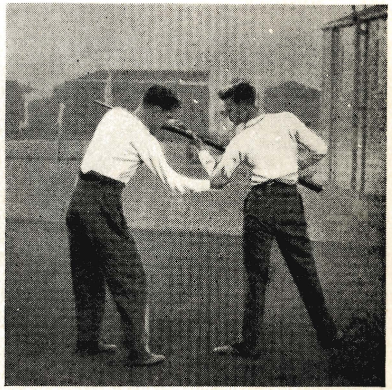
MOVEMENT 3. *Press down with* right *hand, lever upwards with* left *and bend sideways to the* right. *This will develop a pull in same direction as charge, and assailant will find himself unarmed, with you in possession of rifle.*



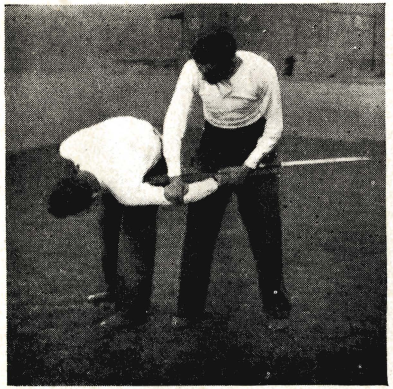
SECOND METHOD



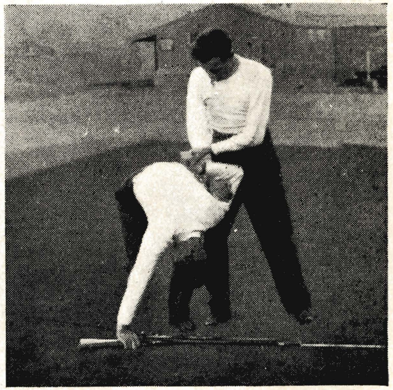
Movement 1. *Parry the blow with* left *hand, bend from the waist and make a short sliding movement to the* right.



Movement 2. *Step in with* left *foot leading, grasp his* left *hand with your* left *hand, place* right *hand on his* left *elbow and turn slightly to left.*



Movement 3. *Force assailant to your* left *by pressure on the* left *elbow with your* right *hand, making him drop the rifle. If he tenaciously holds on to rifle grasp thumb of his left hand and bend backwards.*

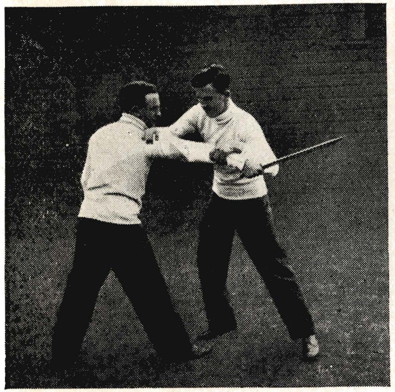


Movement 4. *Apply lock.*

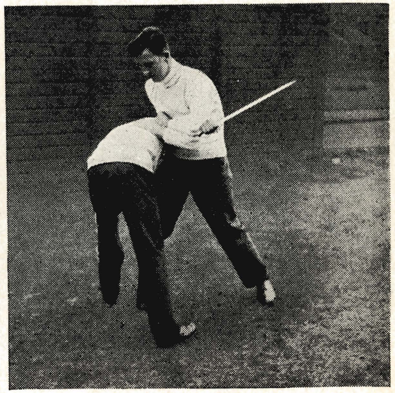
(g) KNIFE ATTACK FROM THE FRONT—UPWARD THRUST

Assailant rushes in to deliver blow with upward thrust using right hand.

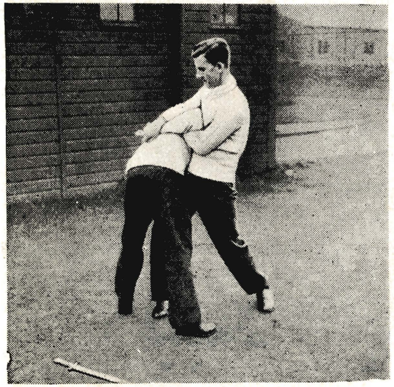
FIRST METHOD



Movement 1. *Side-step to* right, *parry his blow with the* left *arm and place your* right *hand on his* right *shoulder all in one movement.*



Movement 2. *Pull his chest to your* right *thigh, at the same time slide your* left *arm under his* right *arm and place your* left *hand behind his* right *shoulder.*



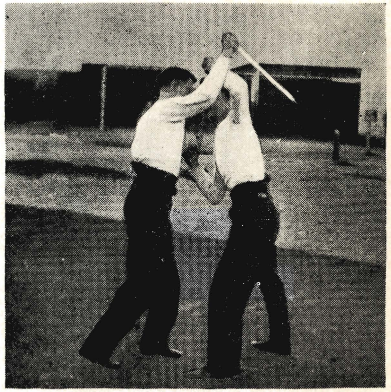
Movement 3. *Grasp his* right *wrist with your* right *hand and force his arm backwards as high as possible, making him relax his hold on the knife.*

Movement 4. *Grasp the little finger and apply pressure backwards to wrist and his struggles will cease. Furthermore, he will go wherever you wish to lead him.*

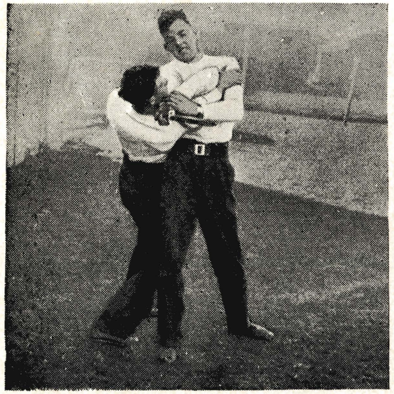
Applied vice-versa when assailant thrusts with left hand.

Note.—*Nine out of ten persons use their* right hand *for this particular attack.*

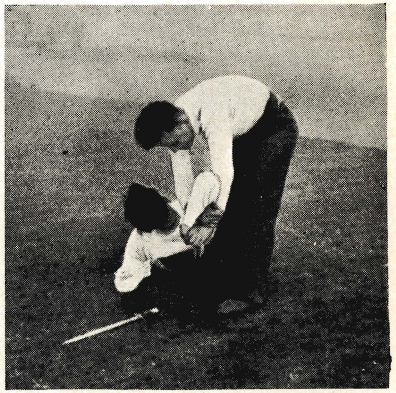
SECOND METHOD



MOVEMENT 1. *Parry blow with* left *arm, bending sideways to the* right.



MOVEMENT 2. *Place your* right *arm round assailant's* right *arm well above the elbow and firmly grasp any part of your clothing on your* left *arm. At the same time turn your back on your opponent and grasp his* right *wrist with your* left *hand.*



MOVEMENT 3. *Keep* right *arm firmly in position and force opponent's* right *arm backwards with your* left *hand. Apply pressure on little finger.*

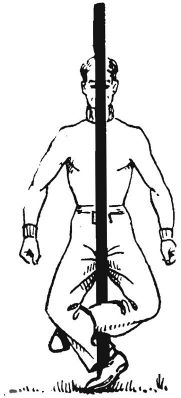
APPENDIX

TYING UP ASSAILANT

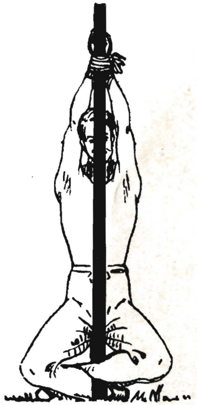
Place him face downwards with arms behind his back, backs of his hands pressed together, knuckles away from the body.

Tie hands together and force upwards to shoulder blades. Pass rope around neck, down to the legs passing betweeen arms and back. Bend right leg into the knee joint of left leg. Force left leg backwards and tie rope to foot, taking care to pull rope taut. Any struggling will cause strangulation.

GRAPE VINE—Useful to Patrols



Knock a strong stake firmly into the ground. Place captive's right foot around the stake. Place his left leg in front of the stake and push foot between the bend of knee and stake and force him into sitting position. Tie his hands to the stake.



SEARCHING A PRISONER

Make the assailant place his hands on a wall or other support and move his feet backwards taking weight of body on the hand, until he becomes fully stretched. Proceed with search.

ATTACK & DEFENCE

By R. HORN, D. D. JENKINS & W. J. R. PRICE

The duty of every man is to give a good account of himself in the fight for freedom. The only sure defence is attack—the purpose of your assailant is to kill you, and the aim of this book is to teach you to forestall his intentions and yourself take the initiative.

The strongest man can be held like a child. The armed opponent can be disarmed and defeated by his victim without the use of weapons.

How these things can be done is simply explained in the 150 pictures which show exactly the methods you can apply to incapacitate your assailant.

LONGMANS, GREEN